

**California Department of Aging**  
**Disease Prevention and Health Promotion Program**  
**Older Americans Act Title IIID**

**Program Code - 3900100**

**Description**

The Disease Prevention and Health Promotion Program (Title IIID) provides evidence-based preventive health and health promotion services. Title IIID supports services that assist older adults in preventing illness and managing chronic conditions. Effective July 1, 2016, Title IIID programs and activities must have been demonstrated through rigorous evaluation to be evidenced-based or approved as evidence-based by the U.S. Department of Health and Human Services. Title IIID evidence-based health promotion programs help older adults learn techniques and strategies for the prevention and mitigation of the effects of chronic diseases including osteoporosis, hypertension, obesity, diabetes, and cardiovascular disease. Evidence-based health promotion also includes programs focused on alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity, and improved nutrition.

Individuals participate in services in a variety of settings including multipurpose senior centers, community centers, congregate nutrition sites, and in their homes.

**Benefits**

Evidence-based Disease Prevention and Health Promotion services promote healthy aging and maintenance of optimal physical, mental, and social well-being in older adults. An active healthy lifestyle can contribute to an older adult's independence and quality of life.

**Eligibility**

<i>Income</i>	No requirement.
<i>Age</i>	60 or older.
<i>Other</i>	The Older Americans Act (OAA) emphasizes serving individuals in greatest economic or social need, individuals living in rural areas, those who reside in a medically underserved area of the region, and individuals who have chronic medical conditions that can improve with education and non-medical intervention.

## Access

Information on the Title III D Program is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and the California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov).

## Current State Fiscal Year Funding Information (2016-17)

<i>Source</i>	<ul style="list-style-type: none"><li>• OAA federal funds.</li><li>• Local funds.</li><li>• In-kind contributions.</li></ul>
<i>Match Requirements</i>	10 percent local funding.
<i>Other Funding Information</i>	All services must meet the Administration for Community Living's evidence-based program requirements. There is no charge for participation in the Program. Voluntary contributions are encouraged.
<i>Funding Cycle</i>	July 1 – June 30.